



Red Sauce and Meatballs

READY IN



45 min.

SERVINGS



10

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 84 ounce tomatoes crushed canned
- ☐ 2 tablespoons basil dried divided
- ☐ 2 tablespoons parsley dried divided
- ☐ 1 large eggs
- ☐ 1.5 pounds extra-lean ground beef
- ☐ 6 garlic cloves minced divided
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 16 ounce pasta
- ☐ 0.5 small onion grated

- ☐ 1 medium onion chopped
- ☐ 1 tablespoon oregano dried divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon pepper divided
- ☐ 1 cup red wine
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup water

Equipment

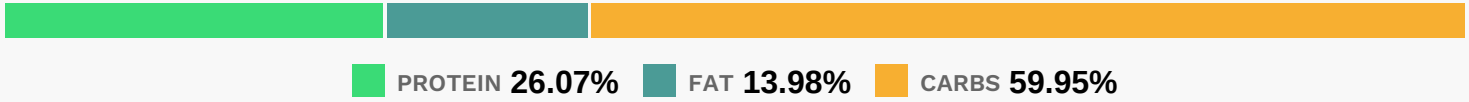
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Combine extra-lean ground beef, next 5 ingredients, half of minced garlic, 1 tablespoon each of basil and parsley, 1 1/2 teaspoons oregano, 1/4 teaspoon salt, and 1/2 teaspoon pepper in a large bowl. Shape mixture into 32 (1-inch) balls.
- ☐ Place a rack coated with vegetable cooking spray in an aluminum foil-lined broiler pan. Arrange meatballs on rack.
- ☐ Bake at 400 for 10 minutes or until meatballs are browned.
- ☐ Saut chopped onion and remaining half of garlic in a Dutch oven coated with cooking spray over medium-high heat 5 minutes or until onion is tender.
- ☐ Add red wine, tomatoes, sugar, and remaining 1 tablespoon each of basil and parsley, 1 1/2 teaspoons oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Bring to a boil; reduce heat, and add meatballs. Simmer, stirring occasionally, 30 minutes.
- ☐ Cook pasta according to package directions, omitting salt and oil.
- ☐ Serve tomato sauce with meatballs over hot linguine.

- ☐
- *Bottled minced garlic may be substituted; 1/2 teaspoon equals 1 clove.
- ☐
- Note: To reduce sodium, choose low-sodium canned tomato products and omit added salt.
- ☐
- Note: Red sauce and meatballs may be prepared ahead of time and refrigerated for a day or frozen for up to a month.

Nutrition Facts



Properties

Glycemic Index:28.61, Glycemic Load:19.92, Inflammation Score:-9, Nutrition Score:29.48782577722%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 18.05mg, Apigenin: 18.05mg, Apigenin: 18.05mg, Apigenin: 18.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 439.7kcal (21.98%), Fat: 6.7g (10.3%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 64.62g (21.54%), Net Carbohydrates: 57.1g (20.76%), Sugar: 14.44g (16.05%), Cholesterol: 63.08mg (21.03%), Sodium: 752.58mg (32.72%), Alcohol: 2.54g (100%), Alcohol %: 0.76% (100%), Protein: 28.1g (56.2%), Selenium: 47.81µg (68.29%), Manganese: 1.23mg (61.46%), Vitamin B3: 8.35mg (41.76%), Iron: 7.18mg (39.87%), Vitamin B6: 0.79mg (39.64%), Vitamin K: 41.22µg (39.26%), Phosphorus: 361.11mg (36.11%), Zinc: 5.27mg (35.1%), Copper: 0.69mg (34.73%), Potassium: 1173.18mg (33.52%), Fiber: 7.52g (30.08%), Vitamin C: 24.39mg (29.56%), Vitamin B12: 1.64µg (27.41%), Magnesium: 107.51mg (26.88%), Vitamin B1: 0.38mg (25.29%), Vitamin E: 3.53mg (23.55%), Vitamin B2: 0.38mg (22.21%), Calcium: 183.69mg (18.37%), Folate: 66.77µg (16.69%), Vitamin B5: 1.51mg (15.08%), Vitamin A: 608.02IU (12.16%), Vitamin D: 0.18µg (1.2%)